Please replace the paragraph on page 2, beginning on line 18 with the following paragraph:

Height adjustment is increasingly seen as a desirable feature of tables as well. Height adjustable pedestals using a single telescoping gas spring mechanism have been used in height adjustable tables that are typically of a type having a small circular table top. These height adjustable tables are designed as small meeting tables and are of limited use in the modern workplace. Specifically these height adjustable tables do not address the needs of computer users who desire a work desk which is at the proper height. These tables are not able to operate well with off-center loading, nor are these tables designed to be used as a desk. The available height adjustable tables which use a single gas spring also do not address the needs of disabled workers.

Please replace the paragraph on page 3, beginning at line 5 with the following paragraph:

Electric motor use in height adjustable tables, although resulting in heavy and expensive tables, does provide the benefit of allowing the manufacturer to place the switching mechanism at any location on the table. This feature ensures that however the table is used that the switching mechanism for activating the electric motor is properly positioned for ease of use.

Please replace the paragraph on page 7, beginning at line 7 with the following paragraph:

FIG. 9B shows a second side view of a version of a height adjustable column of the present invention.

Please replace the paragraph on page 7, beginning at line 15 with the following paragraph:

FIG. 12A shows a top view of a height adjustable table.

Please replace the paragraph on page 8, beginning at line 24 with the following paragraph:

To actuate, or unlock, the telescoping spring mechanism either the actuation lever first or third sections can be pivoted upward or downward. If the first lever section 102 is pivoted upward, the top surface 28 of the enlarged opening 24 acts as a fulcrum. As the lever first section distal end 104 is moved upward, the actuation lever on the opposite side of the fulcrum 28 moves downward. This downward movement of the actuation lever second and third sections results in the middle section 114 of the lever second section depressing the actuation button 12 and unlocking the spring mechanism.

Please replace the paragraph on page 9, beginning at line 12 with the following paragraph:

FIG. 2 shows how two retaining collars can be disposed on the actuation lever. The retaining collars are one of many ways that the lever can be retained within the height adjustable column. As would be apparent to one skilled in the art, these collars provide bearing surfaces, cam lobes or otherwise, to contact the fulcrum bearing surfaces disposed above the actuation lever upon which the actuation lever can pivot.

Please replace the paragraph on page 10, beginning at line 1 with the following paragraph:

FIG. 3 also shows a ring connector which connects the distal ends of the first and second actuation levers. The ring connector allows a user to actuate, or unlock, the telescoping spring mechanism by pivoting the ring upward or downward at any location on the ring. Regardless of the location on the ring which is moved upward or downward, the movement of the ring will result in the depressing of the actuation button. FIG. 3 also shows retaining collars positioned outside the first and second substantially upright walls. It would be apparent to one skilled in the art that these retaining collars can provide bearing surfaces or act as cam lobes to contact the fulcrum bearing surfaces in the actuation mechanisms of the subject invention.

Please replace the paragraph on page 11, beginning at line 7 with the following paragraph:

Although the connecting members are beneficial in transferring the downward or upward lever movements, it is understood that the connecting elements could be removed which would require the user to actuate each locking telescoping spring mechanism independently. This is the version of the invention shown in FIG. 4C. Accordingly, the user would actuate the locking telescoping spring mechanisms by either pivoting the first or third lever section of each actuation lever upward or downward. It is also understood that an actuation mechanism such as was shown in FIG. 3 could be used with each leg or stanchion. Use of this double lever and ring actuation mechanism within a table having two legs would be similar to the description provided in FIG. 3 with the exception that both actuation mechanisms would need to be actuated to adjust the table top height. It is also possible to use the version of the invention shown in FIG. 4A in a table supporting structure having four independent legs, with each leg comprising a height adjustable column. An example of this would be to attach two additional levers to the connecting member 456 with the two additional levers extending in the opposite direction of the levers 420 and 450. These two additional levers would actuate two additional locking telescoping spring mechanisms. Of two additional legs which support the table. In a four legged table of this type the base sections could be removed, if desired. This is just one example of using the invention with more than two legs.

Q9

Please replace the paragraph on page 12, beginning at line 8 with the following paragraph:

FIG. 4C shows how individually actuated locking telescoping spring mechanisms can be used in height adjustable columns used to support a table top. Each of the levers 420C and 450C would be accessed through the access holes. Both levers would have to both be pivoted to actuate the spring mechanisms, as no connecting member is provided to transfer the movement from one lever to the other as was the case in FIGS. 4A and 4B. A double lever or double lever and ring actuation mechanism could also have been used as has been describe earlier.

Q10

Please replace the paragraph on page 12, beginning at line 18 with the following paragraph:

FIG. 5 shows another version of the invention. In this version, the double lever and ring actuator are supported on the top tube of a height adjustable column. FIG. 5 is a side view of a height adjustable stool which includes a height adjustable column of the present invention. The version of the height adjustable column shown in FIG. 5 is different from that of the previous versions shown in FIGS. 1 thought 4 in that top and bottom telescoping tubes are used within the height adjustable column. As will be seen, the use of telescoping tubes within the height adjustable column allows for a variety of actuation lever placement locations. The telescoping tubes also provide a higher degree of strength to the column.

Please replace the paragraph on page 13, beginning at line 6 with the following paragraph:

The spring actuation button 512 extends within the interior of the top tube to a position above the support surface 516. The actuation mechanism is shown immediately above the actuation button.. Part of the actuation mechanism is broken away to aid in viewing the interaction of the actuation mechanism with the top tube and the actuation button. The actuation mechanism is similar to the mechanism which was previously shown and described in FIG. 3. The actuation mechanism includes a first lever that includes a first section 530, a second section 532, and a third section 534. A second lever which is orthogonally disposed relative to the first lever has been removed due to the cross sectioning of the invention within this drawing. A ring 536 is partially shown which connects the distal ends of the two orthogonally disposed levers.

Please replace the paragraph on page 14, beginning at line 4 with the following paragraph:

A seat support plate 518 is supported by the top tube 514. A seat cushion 520 is similarly supported by the seat support plate 518. It is understood that many different types of seat support mechanism, such as those incorporating tilt mechanisms, back rest mechanisms, etc., would be usable with a stool. It is also understood that the seat cushion could be replaced with a table top.

Please replace the paragraph on page 18, beginning at line 1 with the following paragraph:

Q14

The first lever 1204 as is shown in FIG. 11A includes a center portion 1205 from which a portion of the outside diameter of the lever has been removed. Adjacent to the center portion 1205 are cam lobes 1207 and 1209 which are of a larger diameter, and will depress the actuation button 1212 if the first lever is rotated clockwise or counter clock wise.

Please replace the paragraph on page 18, beginning at line 5 with the following paragraph:

Q15

The first lever also includes a reduced diameter section on the top of the center portion 1211 for interaction with the second lever 1244.

Please replace the paragraph on page 18, beginning at line 7 with the following paragraph:

Q16

As shown in FIG. 11B, the second lever 1244 also includes a center portion 1245 of reduced diameter which rests in the recess 1211 of the first lever 1204. Upon rotation of the second lever 1244, one of the two cam lobes 1247 and 1249, which are adjacent to the center portion, will press downward on the first lever 1204 and cause the first lever to depress the actuation button 1212.

Please replace the paragraph on page 25, beginning on line 1 with the following paragraph:

A height adjustable supporting structure for furniture components comprises at least one height adjustable leg. Each leg includes a height adjustable column that includes a locking telescoping spring mechanism. The locking telescoping spring mechanism includes an actuation button that extends outwardly from the mechanism. The height adjustable column further includes at least first and second substantially upright opposing surfaces disposed at substantially the vertical position of the actuation button on the telescoping spring mechanism. The first and second upright surfaces each including an enlarged opening. An actuation lever is disposed on the height adjustable column and includes a first handle section disposed outside the first substantially upright surface, and a second section disposed between the first and second upright surfaces and extending from the opening of the first substantially upright surface to the opening within the second substantially upright surface. The enlarged openings of the first and second substantially vertical surfaces each include a fulcrum bearing surface on which the lever may pivot. The second section of the actuation lever is disposed adjacent to the actuation button. Pivoting of the lever on the fulcrum bearing surface of the first or second substantially upright surfaces will result in the second section of the actuation lever depressing the valve actuation button.